



Play Bowls



Spalding Indoor Bowls Club Open Day

**Come and try indoor bowls at the
Castle Sports Complex on
Sunday 26th April between 10am-4pm**

This is a fun and informal event representing the perfect introduction of club life for any new participant and is a great way for bowlers and non-bowlers alike to meet for the first time.

Helping people to live longer, healthier and more fulfilling lives!

“For Anyone, Anytime and Anywhere”



www.spaldingindoorbowls.co.uk
01775 762178



Are you new to the area and looking for a new sport or just to wish to make new friends?

2015 Taster and Coaching Sessions

Free Taster Sessions

Tuesday 5th May - 10am

Wednesday 6th May - 2pm

Thursday 7th May - 6.30pm

Beginners Course Starts

Tuesday 19th May - 6.30pm

Wednesday 20th - May 2pm

Improvers Start

Tuesday 16th June - 6.30pm

Wednesday 17th June - 2pm

COACHING

Throughout the summer starting

Tuesday 19th May until mid-August.

Every Tuesday 6.30pm and Wednesday 2pm

Course bookings (cost £10 for 10 weeks) payable at the sports complex reception in advance.

Participants may practice during the summer for £1 per session when rinks available

Come and join us and give it a try!